

‘There is no fear in love, but perfect love casts out fear, because fear is by suspicion, but he who fears is not grown up in love. No fear exists where his love is. Rather, perfect love gets rid of fear, because fear involves punishment.’ 1 John 4:18

Dear Friends and Colleagues,

As we start a new week, we cannot be really sure what the week will bring. In our schools, we have detailed school development plans, monitoring schedules, timetables and lesson plans and we aim to leave very little to chance.



However, we all know that schools are places where sometimes we cannot predict what will happen. For example, we may not have envisaged a classroom roof leaking, a teacher absence or a safeguarding incident requiring investigation. These are things to test us and inevitably all the best laid plans need to be adapted.

It is not uncommon for us all to feel from time to time a fear of the unknown. We can start to become quite anxious and ask ‘What if...? What if...?’ to the point where we become more and more worried.

In the bulletin, I want to reflect on how we can manage our fears. In the [Faith at Home](#) resources, there are suggested ideas for collective worship on managing fear.

Fear can be both a helpful and unhelpful feeling. It shows us when something is dangerous (helpful) but can also obscure our view of reality if we fear something that is actually safe (unhelpful).

Christians believe that God can provide comfort when we feel helpful fear and can take away unhelpful fear altogether. This is evident in the Bible passage above from John.

Christians pray to God to ask him for help when they feel afraid. For example, if they fear being alone, they can ask God to be with them. If they fear the dark, they can ask God to be their light.

In the Gospel of John, Chapter 9, we learn about Jesus helping a blind man with his fear of darkness.

⁹ As he went along, he saw a man blind from birth. ² His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?”

³ “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. ⁴ As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. ⁵ While I am in the world, I am the light of the world.”

⁶ After saying this, he spit on the ground, made some mud with the saliva, and put it on the man’s eyes. ⁷ “Go,” he told him, “wash in the Pool of Siloam”. So the man went and washed, and came home seeing.



<http://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=48383>

In school, we can consider ways for children and adults to think about overcoming fear. Some of their fears may be small, some may be more substantial and based in potential danger or harm. (Schools of course must follow their safeguarding procedures where necessary.)

You may choose to do the following activity with adults and children in collective worship to help them manage fears.

To start, we all draw a heart on a piece of paper and write around it all the people who show us love.

Christians believe that God IS love, and that his love is so huge it can swallow up all our fears. We then think of things we are afraid of and as we are doing this, a candle is lit and we imagine the light is driving away the darkness we feel.

We all then place a pebble (or small lego brick) in the heart. This represents the thing we are most afraid of. We don’t need to tell others what that is and we also don’t need to feel embarrassed that we are afraid of something. We are all afraid of something. It is part of being human but we don’t need to live afraid!

Christians believe that Jesus came to help us with the things that frighten us. That his love is big enough to overcome fear.

By placing the pebble inside the heart, we can see that the heart and the loving people around us is bigger than fear.



When we talk about our fears with someone we love, it is like putting mud on our eyes so we can see things clearly! It enables us to live life in all its fullness.

Christians believe that God's love is much bigger than our fears. In fact, they believe God's love is infinite – that it goes on forever and ever. Whereas our fears become smaller and smaller the more we surround them with love. The problem with fear is that it can stop us seeing the good in life. If we are afraid of fire or we are careful with strangers, that helps us to live well. However, if we are afraid of what might happen when that thing hasn't actually happened, fear is stopping us from seeing 'life in all its fullness'. It stops us from being joyful and peaceful.

Some people find this acronym helpful to remember where their unhelpful fears comes from:

- False
- Evidence
- Appearing as
- Real

This week, if you feel afraid of anything, try to ask if the thing you are afraid of is real. Remember that having conversations with people we love can help make our fears feel much smaller.

At the end of Collective Worship, we should let go of the pebble representing our fear into a bowl of water. As it leaves our hand, we can imagine letting go of that fear.

The Lord is my light and my salvation—
whom shall I fear?
The Lord is the stronghold of my life—
of whom shall I be afraid?
Psalm 27:1

Dear Lord
You are the strength of my life;
You are my rock, my fortress and my protector; therefore,
whom shall I be afraid?
You are my shield, my strong-tower and my stronghold.
I will call to You because You are worthy to be praised.
So, Father, I thank you for being my strength and My God in
whom I trust.
Amen.

Please don't hesitate to contact the diocesan education team for any support and guidance you need.

Kindest regards

Paul Thompson
Diocesan Director of Education



Upcoming LDBE Courses—

For more information—click the links below!

16-11-22	13.00-16.00	Developing Knowledge in the Curriculum: RE - Theology (Disciplinary)	Face to face—click here
16-11-22	16.00-18.00	Collective Worship Going Deeper: Inclusive	Online - click here
22-11-22	16.00-18.00	Developing Inclusion Through the Vision for Education: SEND	Online—click here
29-11-22	16.00-18.00	School Admissions	Online - click here
30-11-22	10.00-15.30	Checking the Pulse, Developing Collective Worship and the Spiritual Life of Your School	Face to face - click here

Lincoln Cathedral Nativity Bauble Competition!

Please find attached to this email, information from the Cathedral on how to enter the above competition.